

ARTHRITIS

ARTHRITIS IN MISSOURI

Incidence/Prevalence

- In the United States in 1999, arthritis was the nation's number one cause of disability.¹
- Reports indicate that 42.7 million Americans have some type of arthritis.²
- In Missouri in 1999, an estimated 26% (1,064,232) of adult Missourians were diagnosed with arthritis.³
- In 1995, arthritis and bone/joint disorders were the 7th leading cause of hospitalization in Missouri.⁴
- In 1999, approximately 1 in 3 adult Missourians suffered from arthritis and/or chronic joint symptoms such as pain, stiffness, or swelling.³
- In 1999, Missouri women were 1.24 times more likely to have been diagnosed with arthritis or report chronic joint symptoms than men.³
- In 1999, an estimated 74,441 African-Americans in Missouri were affected by arthritis.³
- An estimated 4,000 children in Missouri have some form of arthritis.⁵
- Joint symptoms, suggestive of arthritis, are a significant component of overall activity limitation. 1996 and 1999 Missouri data reveal that activity limitation specifically due to arthritis and/or arthritis-related activity limitation is significantly associated with:
 - a lower level of household income, unemployment, and disability;
 - the need for assistance with personal care and daily routine activities;
 - a higher number of days per month characterized by depression, anxiety and pain; and
 - osteoporosis, diabetes, asthma, high cholesterol, and high blood pressure.³
- Nationally, African-Americans who have arthritis rank it as the top condition that limits their daily activities, such as working and keeping house.⁶

Economic Impact

- Nearly \$225 million in inpatient hospital charges were recorded in 1998 for Missouri residents with a primary diagnosis of lupus, rheumatoid arthritis, and osteoarthritis and related disorders.⁴
- Nearly \$16 million in outpatient hospital charges were recorded in 1998 for Missouri residents with a primary diagnosis of lupus, rheumatoid arthritis, and osteoarthritis and related disorders.⁴
- People with musculoskeletal conditions average almost eight physician visits per year.⁷ This translates into

Human Impact

- 1999 data estimates that 12% (485,236) of adult Missourians report activity limitation due to joint symptoms.³



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Arthritis in Missouri

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approximately \$426 million in physician office visits for Missourians with arthritis in 1999.⁸

- Persons with musculoskeletal conditions and other health conditions are particularly prone to work loss; with 75% leaving work prior to the normal age of retirement.⁹
- National estimates reveal that the total direct and indirect costs of arthritis is close to \$65 billion annually.¹⁰

Self-Management Programs Work!

- Exercise and self-management programs relieve symptoms, improve function, reduce joint swelling, increase pain threshold, improve energy level, improve mood, and improve self-efficacy.¹¹
- The Arthritis Self-Help Course has scientifically been proven to reduce arthritis-related pain over four years by 20%.^{11, 12}
- After participating in the Arthritis Self-Help Course, individuals report:
 - ⇒ 39% increase in physical activity,
 - ⇒ 15% increase in individuals' belief that they can take control of their disease (self-efficacy),
 - ⇒ 29% reduction in pain,
 - ⇒ 13% reduction in disability,
 - ⇒ 22% reduction in depression, and
 - ⇒ 43% reduction in physician visits.^{11, 12}

- Based on studies of individuals with arthritis who participate in self-management programs there is a 43% reduction in physician visits.^{11, 12} This has a potential physician visit cost reduction of \$183 million for Missourians with arthritis.⁸

For more information please contact:

Missouri Department of Health & Senior Services
Bureau of Chronic Disease Control
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Jefferson City, Missouri 65102-0200
1-800-316-0935

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health & Senior Services at the number listed above.
Hearing impaired citizens telephone
1-800-735-2966.

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Services provided on a nondiscriminatory basis.

Sources:

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- ¹²Lorig KR, Evidence suggesting that Health Education for Self-Management in Patients with Chronic Arthritis has Sustained Health Benefits While Reducing Health Care Costs, Arthritis & Rheumatism, 1993, 36 (4), 439-46